Year 7 Knowledge Organiser: Skills focus





Knife skills: To demonstrate safety skills when using knives, there are two cutting techniques that we should use.



Bridge hold

- 1 Use your thumb and forefinger to grip either side of the ingredient.
- 2 Use the knife to slice the ingredient in the bridge-like gap created by your finger and thumb.



Claw grip

- 1 With the tips of your fingers and thumb tucked under towards the palm of your hand, hold the ingredient to be cut in a claw-like grip.
- 2 Hold the knife in your other hand. Carefully bring the knife across and slice the ingredient.





Preparing, combining and shaping





Cooking methods: Using the hob and cooking with water Cooking with water • Boiling – foods such as potatoes, eggs, vegetables, pasta and rice can be

- cooked by placing them in liquid at boiling point of 100°C.
- Simmering foods such as curries and fruit are simmered; this means they are cooked just below boiling point.
- Poaching eggs and salmon are cooked very gently in hot water.
- Steaming vegetables, fish, puddings and chicken can be cooked in the steam from boiling water.





ASSESSMENT

NEA1 style experiments NEA2 style practical assessment at the end of the course

General practical skills @ sunny_bunny/stock.adobe.com; kettle @ Jaroslaw Grudzinski - Fotolia; hand-held blender @ dimakp/stock.adobe.com; electric whisk @ st-fotograf - Fotolia; bridge hold @ Nikodash - iStock via Thinkstock/Getty Images; claw grip @ Sergejs Rahunoks - 123RF; mash @ uckyo/stock.adobe.com; shred @ Nesavinov/stock.adobe.com; grate @ Eugene Miller/stock.adobe.com; peel @ Plprod/stock.adobe.com; pipe @ Pidjoe/E+//Getty Images; blend @ Photographee.eu/stock.adobe.com; juice @ Fredredhat/stock.adobe.com; juice @ Fredredhat/stock.adobe.com; Getty Images; pinwheels @ Danielle/stock.adobe.com; electric hob @ Liaurinko - Fotolia; cooking spaghetti @ CALLAGHAN STUDIOS 2009